BH

Sprint Elliptical SE4

OWNER'S MANUAL

CAUTION: *Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment.*

IMPORTANT: *Read all instructions carefully before using this product. Retain this owner's manual for future reference.*

BH North America • Foothill Ranch, California 92610

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IMPORTANT SAFETY ADVICE

PRECAUTIONS

This machine has been designed and constructed to provide maximum safety. Nevertheless, certain precautions should be taken when using exercise equipment. Read the whole manual before assembling and using the machine. The following safety precautions should also be observed:

1. Consult your doctor before starting any exercise program. It is advisable to undergo a complete physical examination
2. Work at the recommended exercise level. Do not over exert yourself
3. If you feel any pain or discomfort, stop exercising immediately and consult your doctor
4. Use the appliance on a solid, flat surface with some type of protection for the floor or carpet
5. The equipment must have at least 20 in. (0.5 m) of free space and obstacle around it
6. Do not allow children to play with the equipment or in the immediate vicinity
7. Keep your hands well away from any of the moving parts
8. Before starting the exercise, check to make sure that all of the parts are attached and that the nuts, bolts, pedals and handles have been tightened correctly
9. Wear appropriate clothing and footwear for the exercise; do not use loose clothing; do not wear leather soled shoes or footwear with high heels
10. This appliance has been tested and complied with standard EN957 under class SC. suitable for professional use
11. Maximum user weight is 242lbs. (110 kg)
12. The SE4 model has a 20kg fixed inertia flywheel and must only be used under professional supervision
13. It is very important that the SE4 model is assembled correctly, so we recommend that the people who assemble it are suitably qualified to do so
14. When exercising it is advisable to set the handlebar stem to the correct height for your body. Make sure that it is tightened securely and that there is no side or vertical movement. Carefully read section 9 - 10 on how to adjust the height of the handlebar stem
15. The brake controller also acts as a safety brake by turning the exertion level handle to the maximum position
16. To ensure regular trouble-free use, read the detailed maintenance program on the last pages
17. Make sure that there is adequate free space and obstacle behind the unit
18. Always use the equipment in accordance with the instructions
19. If you discovered any defective component while assembling or checking the equipment or if you hear any strange noise during exercise, STOP – do not use the equipment until the problem has been resolved

KEEP THESE INSTRUCTIONS SAFE FOR FUTURE USE

EXERCISE INSTRUCTIONS

Use of the SPRINT ELLIPTICAL offers various benefits; it will improve fitness, muscle tone and when used in conjunction with a calorie controlled diet, it will help you to lose weight.

TRAINING GUIDELINES

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:
Increased capacity for physical work (strength endurance)
Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
Decreased risk of coronary heart disease
Changes in body metabolism, e.g. losing weight
Delaying the physiological effects of age
Physiological effects, e.g. reduction in stress, increase in self-confidence, etc.
Basic Components of Physical Fitness
There are four all encompassing components of physical fitness and we need to briefly define each and clarify its role

STRENGTH is the capacity of a muscle to exert a force against resistance. Strength contributes to power and speed and is of great importance to a majority of sports people.

MUSCULAR ENDURANCE is the capacity to exert a force repeatedly over a period of time, e.g. it is the of your legs to carry you 10 Km without stopping.

FLEXIBILITY is the range of motion about a joint. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and provides increased resistance to muscle injury or soreness.

CARDIO-RESPIRATORY ENDURANCE is the most essential component of physical fitness. It is the efficient functioning of the heart and lungs.

AEROBIC FITNESS The largest amount of oxygen that you can use per minute during exercise is called your maximum oxygen uptake (MVo2). This is often referred to as your aerobic capacity

OXYGEN UPTAKE
The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased MVO2 indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen and of the muscles to take up oxygen.

ANAEROBIC TRAINING
This means “without oxygen” and is the output of energy when the oxygen supply is insufficient to meet the body’s long term energy demands. (For example, 100 meter sprint).

THE TRAINING THRESHOLD
This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

PROGRESSION
As your become more fit, a higher intensity of exercise is required to create an overload and therefore provide continued improvement

OVERLOAD
This is where you exercise at a level above that which can be carried out comfortably. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, the training threshold should be raised. Working through your program and gradually increasing the overload factor is important.

TRAINING GUIDELINES (cont'd)

Specifics

Different forms of exercise produce different results. The type of exercise that is carried out is specific both to the muscle groups being used and to the energy source involved.

There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

Reversibility

If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

Warm Up

Every exercise program should start with a warm up where the body is prepared for the effort to come. It should be gentle and preferably use the muscles to be involved later.

Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise.

Warm Down or Cool Down

This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles.

Heart Rate

As you exercise, the rate at which your heart beat increases. This is often used as a measure of the required intensity of exercise. You need to exercise hard enough to condition your circulatory system, and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important in developing an exercise program for you. If you are starting off you can get a good training effect with a heart rate of 110-120 beats per minute (BPM). If you are more fit, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves. The following table is a guide to those who are "starting fitness".

Age Target heart Rate	25	30	35	40	45	50	55	60	65
10 Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

Pulse Count

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn't as accurate.

TRAINING GUIDELINES (cont'd)

The target is not a magic number, but a general guide. If you're above average fitness, you may work quite comfortably a little above that suggested for your age group.

The following table is a guide to those who are keeping fit. Here we are working at about 80% of maximum.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you overdo it. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments:(1) don't be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it;(2) your pulse rate is a guide, don't become a slave to it.

Muscle Soreness

For the first week or so, this may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling your something. Stop exercising and consult your doctor.

What to Wear

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would while exercising, gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. It is advisable to wear a pair of gym or running shoes or "sneakers".

Breathing during Exercise

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

Rest periods

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again. The rest period required between strength training exercises may vary from person to person.

STRETCHING

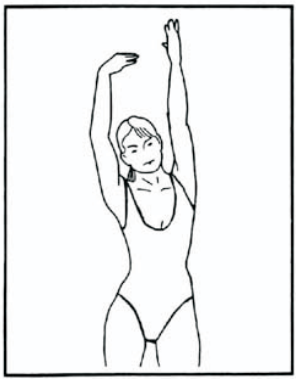
Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise. Movements should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension, not pain, is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath.

Head Rolls

Rotate your head to the right for one count feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count

Shoulder Lifts

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder



Side Stretches

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm

Quadriceps Stretch

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up

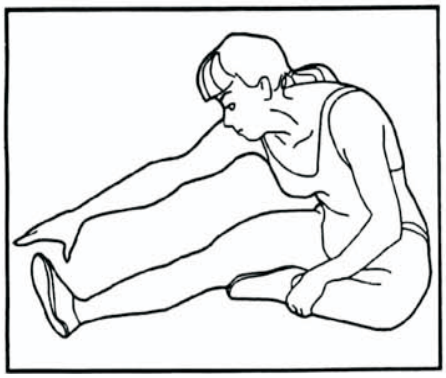
STRETCHING (Cont'd)

Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

Toe Touches

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts



Hamstring Stretches

Sit with your right leg extended. Rest the soles of your left foot against your right inner thigh. Stretch toward your toes as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended

Calf/Achilles Stretches

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hip toward the wall. Hold, then repeat on the other side for 15 counts

PRE-ASSEMBLY INSTRUCTIONS

GENERAL INSTRUCTIONS

Carefully read through the instructions contained in this manual. It provides you with important information about assembly, safety and use of the machine.

- This unit has been designed for home use. The weight of the user must not exceed 265 lbs. (120 kg.)
- Keep your hands well away from any of the moving parts.
- Do not let children near the machine or use the machine as a toy.
- The owner is responsible for ensuring that anyone who uses the machine is duly informed about the necessary precautions.
- The machine can only be used by one person at a time.
- Use suitable clothing and footwear. Make sure all laces/cords are tied correctly.

FOR WARRANTY REPAIRS, PLEASE DO NOT TAKE YOUR MACHINE BACK TO THE RETAIL STORES. CONTACT BH FITNESS FIRST!

BH North America Corporation
20155 Ellipse
Foothill Ranch, CA 92610
Phone: 949-206-0330
Fax: 949-206-0013
Email: fitness@bhnorthamerica.com
Web: www. . I ClúýŜåă ¦ { ! .com
Mon - Fri 8am - 5pm PST
Toll free: 866-325-2339

PRE-ASSEMBLY

Read the instructions carefully before proceeding to assemble the equipment.
Take the unit out of its box and all the parts from the carboard packaging and check them against the part list (Figure 1) to ensure that there is nothing missing. Do not throw the cardboard away until the elliptical trainer is fully assembled.
The assistance of a second person is recommended when assembling this machine

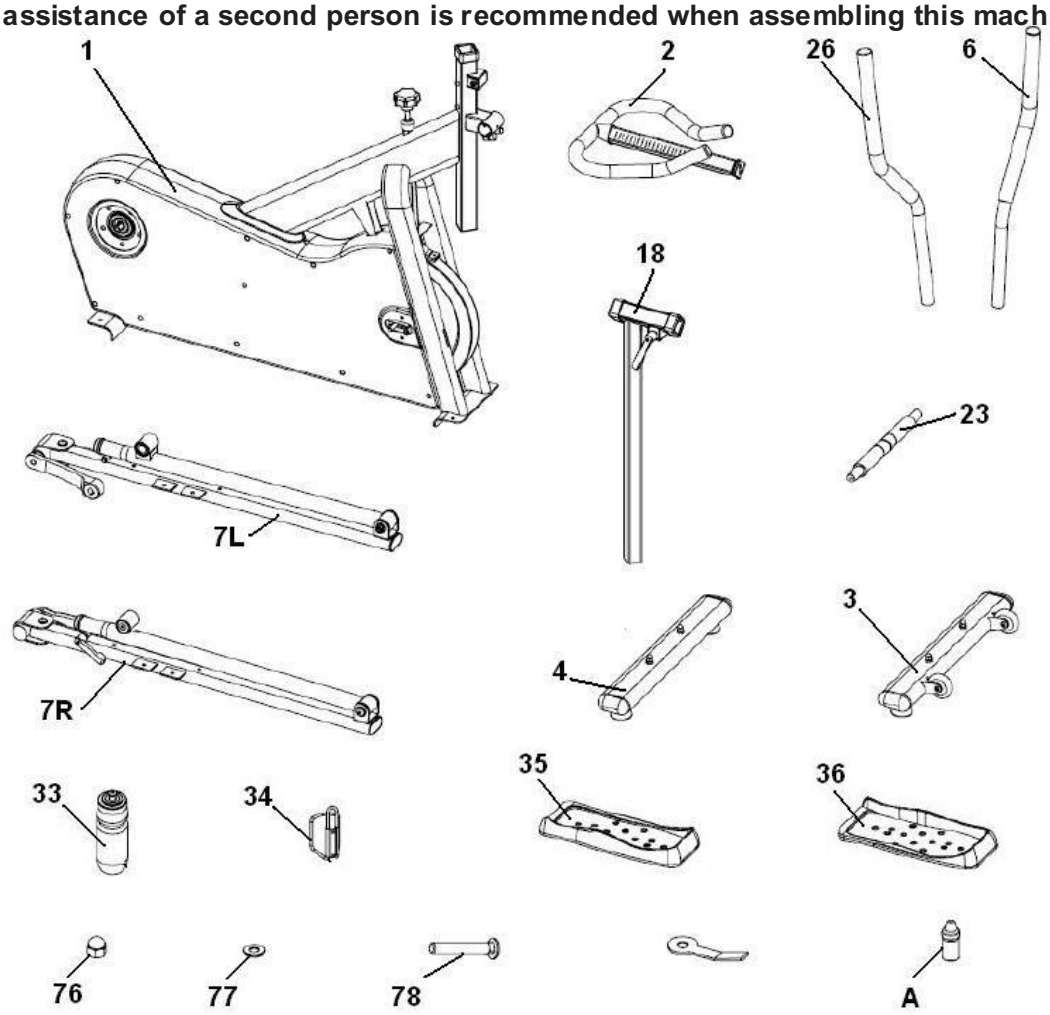


Figure 1

1. Main Body	23. Lower Swing Arm Spindle
2. Handlebar Tube	26. Upper Swing Arm Right
3. Front Stablizer with wheel	35. Left Foot Pad
4. Rear Stabilzer with Adjustable Feet	36. Right Foot Pad
6.Upper Swing Arm Left	76. Self Locking Nuts M-8
7L. Left Pedal with Lower Swing Arm	77. Flat Washer M-8
7R. Right Pedal with Lower Swing Arm	78. Screw M-8x50
18. Handlebar Post	A. Bottle of Threadlocker

ASSEMBLY INSTRUCTIONS

STEP 1

Assemble the Handlebar Stem (2) with the Handlebar post (18); then insert it into the Main body (1) in the direction of the arrow (fig. 2). Tighten the knob (79) by turning it clockwise and attach the end cover (20) using screws (21). Next, insert the Handlebar post into the boss on the main body (1) as shown in figure 2. Position it for average height and tighten by turning the retaining knob (79) clockwise

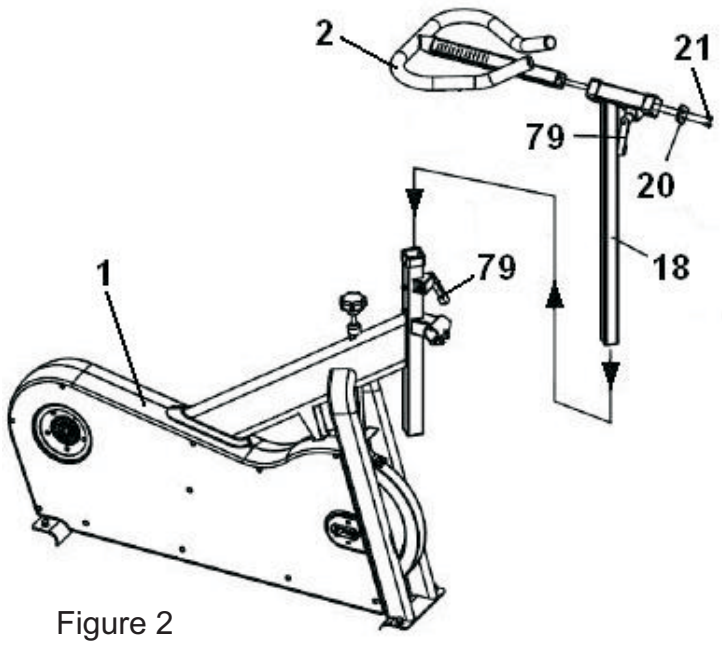


Figure 2

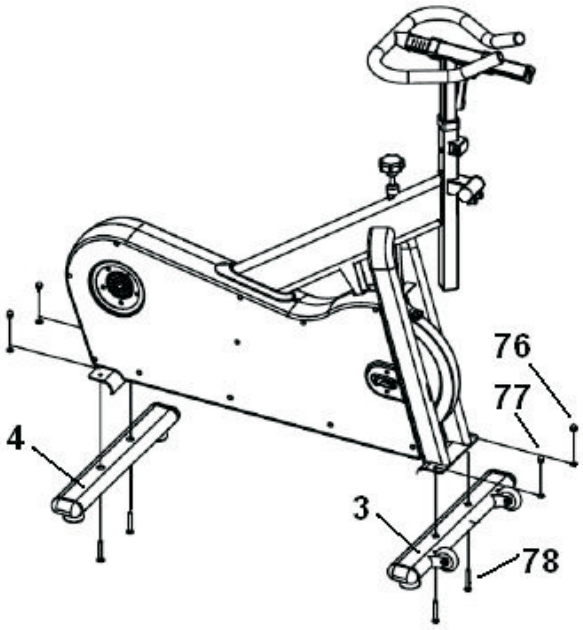


Figure 3

STEP 2

Securely attach the Rear Stabilizer (4) to the Main body (1) using the Washers (77), Nuts (76) and Bolts (78). Assemble the Front Stabilizer (3) positioning the wheels at the front of the unit (fig. 3) using Washers, Nuts and Bolts (77, 76 & 78) respectively.

ASSEMBLY INSTRUCTIONS (cont'd)

STEP 3.

Insert the Lower Swing Arm spindle (23) through the horizontal support on the main post (fig. 4) centering it between the 2 lines (B) marked on the spindle then tighten the screw (67)

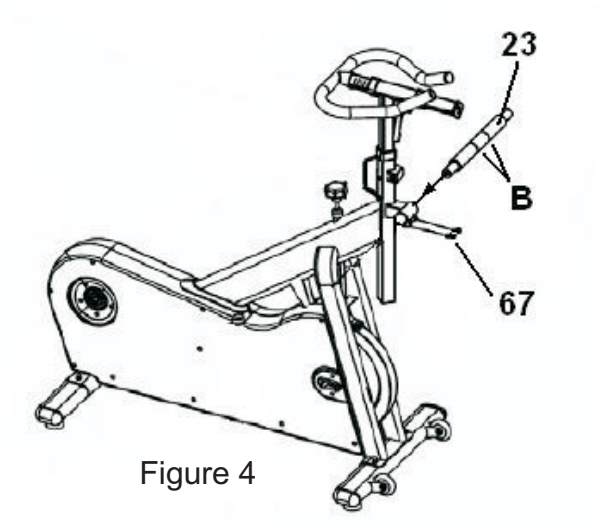


Figure 4

STEP 4

Take the Right pedal tube (7R) and attach the Lower Swing Arm (17) onto the spindle (23) Fig. 5. Next, insert the pedal tube onto the square shaft (30) Fig. 5 and use screw (27) to tighten the pedal tube securely

Repeat step 4 above for the Left pedal

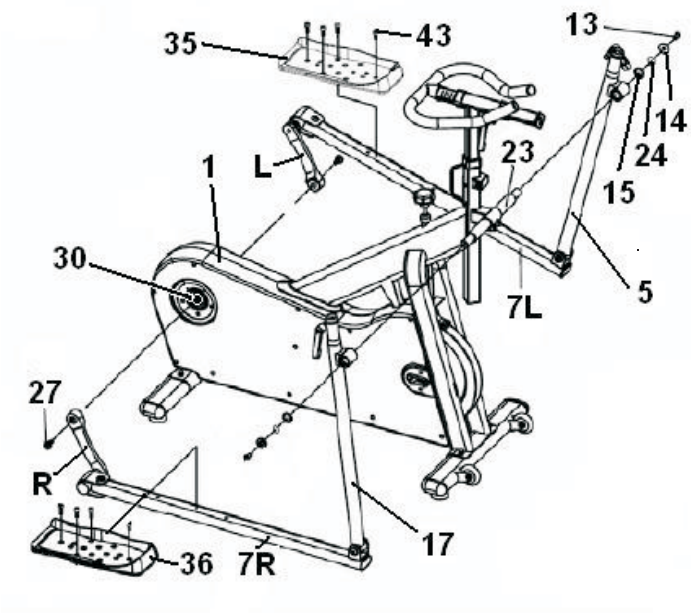


Figure 5

Install the bottle holder (34) onto the handlebar post support on the Main body using screw (66) (Fig. 5A)

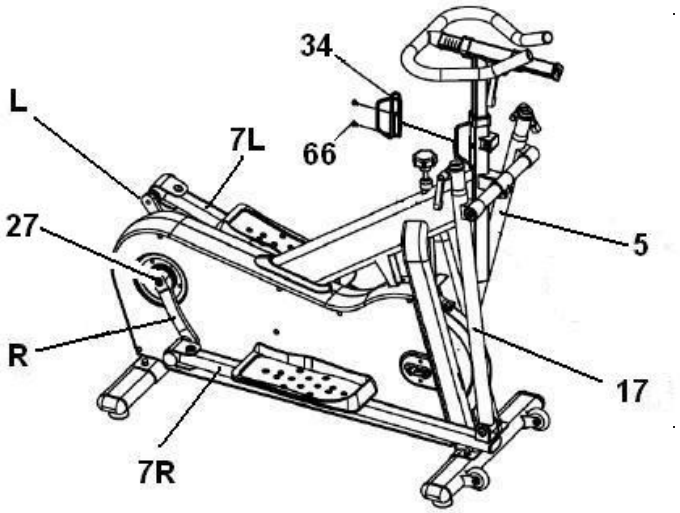


Figure 5A

ASSEMBLY INSTRUCTIONS (cont'd)

STEP 5.

Position the Left footpad (35) marked with the letter (L) on top of the unit's left pedal tube (7 and tighten using screws (43). See fig. 5
Repeat the same step for the Right footpad (and tighten securely using screws (43)

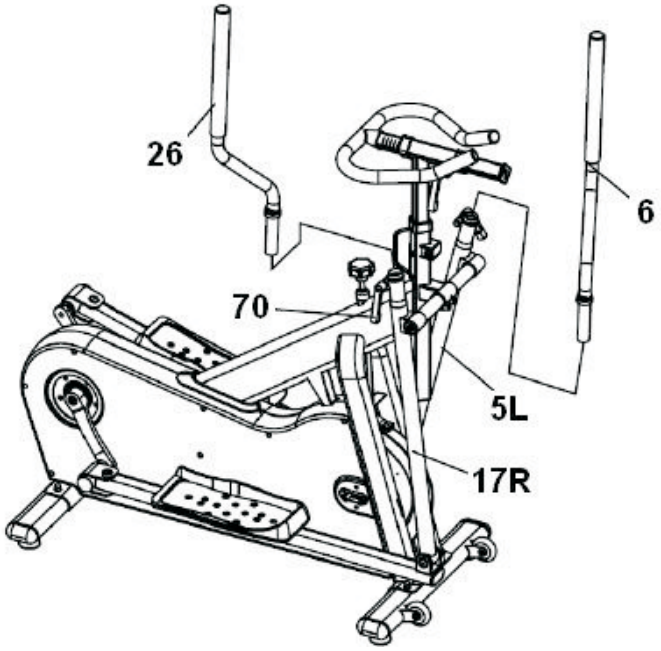
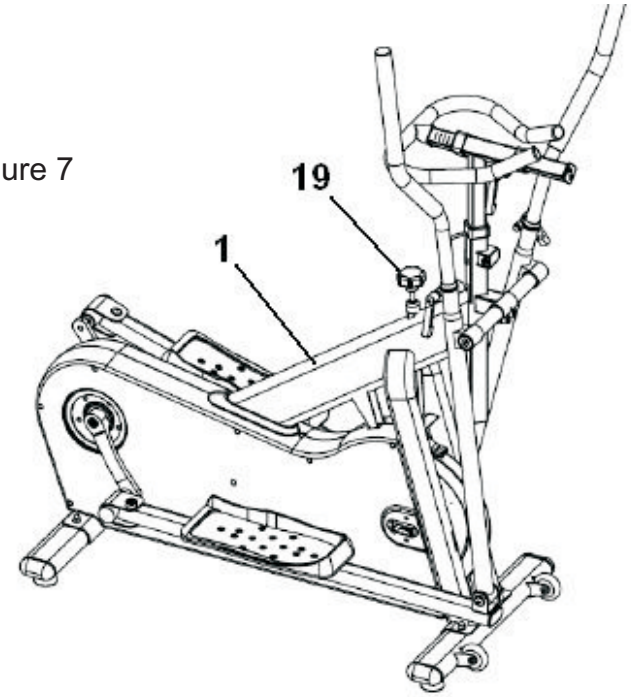


Figure 6

Figure 7



STEP 6

Insert the Upper Left Swing Arm (6) marked (L) into the Lower Left Swing Arm (5L) and tighten knob (70). Repeat the same step for the Right side with Right handle (26) as shown in figure 6

To change resistance settings, turn Knob (19) - CLOCKWISE to increase resistance (load) or COUNTER-CLOCKWISE to decrease (fig. 7)

ASSEMBLY INSTRUCTIONS (cont'd)

STEP 7

To adjust Handlebar stem (2):

- Loosen knob (79) located on the vertical tube of the main body (fig. 8) by turning the knob counterclockwise
- Slide the Handlebar stem up or down to the desired height then tighten the knob (79) by turning it clockwise

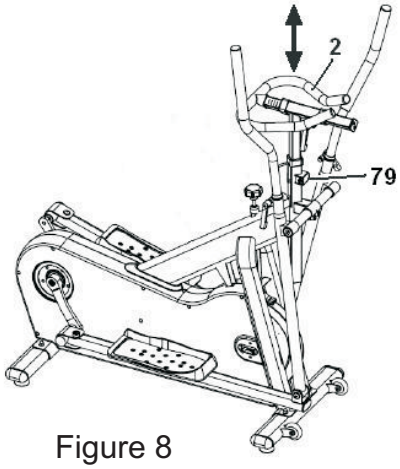


Figure 8

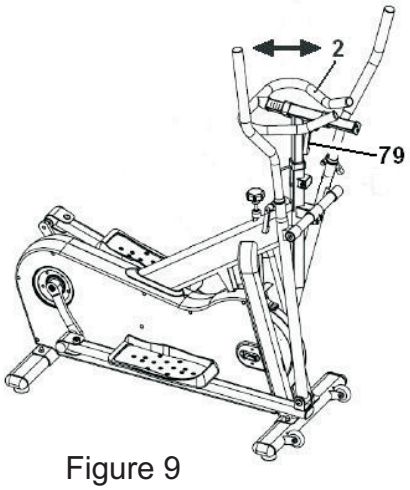


Figure 9

STEP 8

To adjust the Handlebar horizontally, loosen the lever located on the horizontal tube of the main body by turning counterclockwise. Slide the handlebar back /forth horizontally to the desired position and re-tighten the lever in clockwise direction (fig. 9).

ATTENTION: it is important to re-tighten all of the screws involved in assembling the machine after approximately a week of use as this will prevent any strange noises and possible damage

LEVELING:once the unit has been placed into its final position, make sure that it sits flat and level on the floor. This is posible by adjusting the feet (87) under the stabilizers in or out (fig 10)

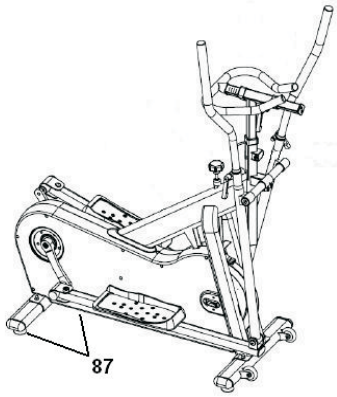


Figure 10

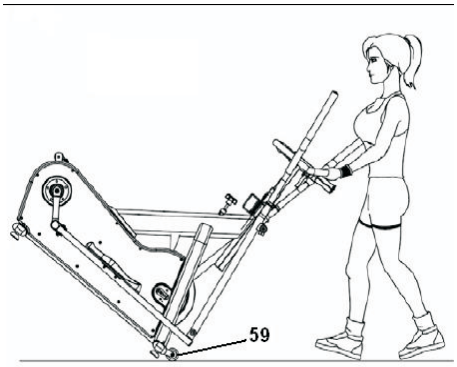
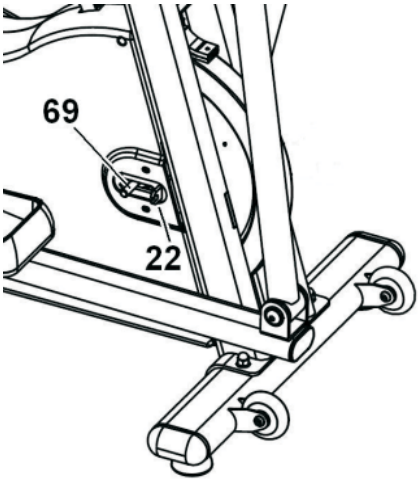


Figure 11

MOVING & STORAGE: to move, lift the rear of the unit up (fig. 11) until weight transferred to the wheels (59) on the front stabilizer and then move. Store the unit in a cool and dry place.

MAINTENANCE TABLE

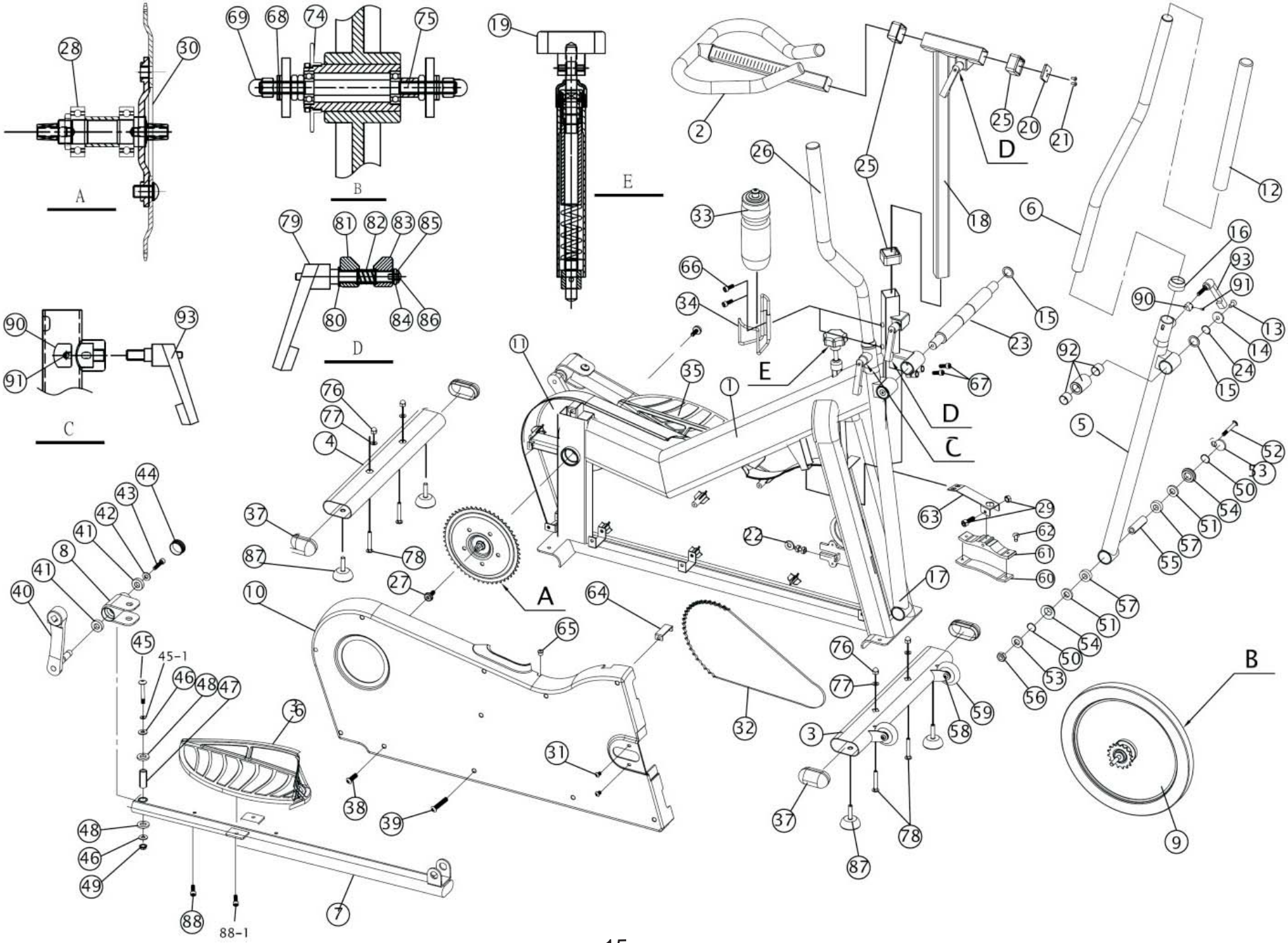
Nº	Description	Daily	Weekly	Monthly	3 Monthly	Yearly
1	Clean the machine	X				
2	Clean & dry the main body/casing	X				
3	Visually inspect the moving parts	X				
4	Check that the handlebar stem is secure	X				
5	Check that the top & bottom handles are secure	X				
6	Check that the emergency brake work correctly		X			
7	Check the wear & alignment of the brake shoes		X			
8	Check the breaking system		X			
9	Check the screws on the connecting rods & re-tighten		X			
10	Make sure the focus bar spindle is tight		X			
11	*Check the chain tension			X		
12	Lubricate the chain			X		
13	Apply anti-corrosive oil to the sides of the flywheel			X		
14	Check that the stabilizer supports are tight				X	
15	Check for noisy bearings on the inertia flywheel				X	
16	Perform maintenance inspection of the main panel					X



*11) It is normal for the drive chain to become slack with use overtime. Follow the steps below to adjust the chain tension:

1. Loosen the safety bolts on the inertia flywheel (69) figure A
2. Adjust the chain tension by turning the Right adjustment nut (22) counterclockwise and Left adjustment nut clockwise
3. It is recommended to make a ¼ turn each time on both sides of the flywheel
4. Turning the adjustment nuts excessively would over-tighten the chain and damage the shaft as well as the bearings on the flywheel
5. After completing the steps above, re-tighten the safety nuts (69) on both sides of the flywheel

EXPLODED VIEW DRAWING



PARTS LIST

No.	Description	Q'ty	No.	Description	Q'ty
1	Frame	1	46	Washer	4
2	Handlebar w/slider	1	47	Housing	2
3	Front foot tube (complete)	1	48	Washer	4
4	Rear foot tube (complete)	1	49	Nut	2
5+50~57	Lower swing arm / Left	1	50	Washer	4
6	Upper swing arm L	1	51	C clip	4
7+8+41~49	Platform support tube	1	52	Screw	2
8	U plate	2	53	Washer	4
9	Flywheel complete set	1	54	Aluminum clip	4
10	Outer chain guard /R	1	55	Axle housing	2
11	Outer chain guard /L	1	56	Nut	2
12	Grip for upper swing arm	2	57	Bearing	4
13	Screw	2	58	Axle bolt for moving wheel	2
14	Washer	2	59	Moving wheel	2
15	Nylon washer	4	60	Brake pad	1
16	Rubber sleeves for swing arm	2	61	Brake pad holder	1
17+50~57	Lower swing arm / Right	1	62	Bolt for brake pad	2
18	Handlebar w/post	1	63	Spring bracket	1
19	Brake system	1	64	Fixed plate for chain guard	1
20	Stop plate	1	65	Rubber cap for chain guard	1
21	Bolt for stop plate	2	66	bolt for bottle cage	4
22	Flywheel adjuster bolt	2	67	stem bolt	2
23	Axle	1	68	flywheel washer	4
24	Washer	2	69	flywheel security nut	2
25	Rubber sleeve	3	74	fixed wheel sprocket	1
26	Upper swing arm / R	1	75+74+68+69	flywheel axle set (w/bearing, nut, fixed wheel sprocket, washer, nut cap)	1
27	Crank bolt	2	76	foot tube nut	4
28	BB bearing	2	77	foot tube washer	4
29	Bolt & nut for brake pad	1	78	foot tube bolt	4
30	BB axle w/plate & bolt	1	79	release lever	2
31	Outer chain guard bolt /M6	4	80	washer for release lever	2
32	Chain	1	81	alloy clip R	2
33	Water bottle	1	82	spring for release lever	2
34	Bottle cage	1	83	alloy clip L	2
35+36	Plate form R & L	1	84	washer for release lever	2
37	Foot tube end cap	4	85	plastic washer for release lever	2
38	Bolt for chain guard /M5 * 10L	6	86	fixed bolt for release lever	2
39	Bolt for chain guard /M5 * 20L	9	87	foot tube adjuster pad	4
40	Crank arm w/axle bolt	2	88	bolt (40L) for plate form w/washer	6
41	Crank bearing	4	88-1	bolt (15L) for plate form w/washer	2
42	Washer	2	90	Aluminum stop plate	2
43	Screw & washer	2	91	fixed bolt	2
44	Plug	2	92	Steel housing w/ 2*bearing	2
45	Screw	2	93	Release lever	2
45-1	Washer	2			

WARRANTY

LIMITED COMMERCIAL WARRANTY

BH North America will repair or replace, free of charge, at its option, parts that are defective as a result of material or workmanship. Five (5) year replacement warranty coverage on frame and one (1) year on other parts. Labor warranty coverage is one (1) year. Warranty covers the original consumer purchaser only.

RESIDENTIAL WARRANTY

BH North America will repair or replace, free of charge, at its option, parts that are defective as a result of material or workmanship. Lifetime replacement warranty coverage on frame and five (5) year on other parts. Labor warranty coverage is one (1) year. Warranty covers the original consumer purchaser only.

THIS WARRANTY DOES NOT COVER

- Pre-delivery set-up.
- Components that require replacement due to dirt or lack of regular maintenance.
- Expendable items which become worn during normal use.
- Repairs necessary because of operator abuse or negligence or the failure to operate and maintain the equipment according to the instructions contained in the Owner's Manual.

For more detailed warranty information or to register your product warranty easily online, visit our website at: **www.BHFitnessUSA.com**

FOR WARRANTY REPAIRS, PLEASE DO NOT TAKE YOUR MACHINE BACK TO THE RETAIL STORE. CONTACT BH FITNESS FIRST.

BH North America Corporation
20155 Ellipse
Foothill Ranch, CA 92610
Phone: 949.206.0330; Toll Free: 866.325.2339; Fax: 949.206.0013
Web: www.BHFitnessUSA.com
Mon - Fri 8am - 5pm PST